

Summary of CYSA Rules for U6/U7

Player Equipment: Players are to wear a basic uniform to include shorts, provided jersey shirt, soccer cleats, shin guards and socks long enough to cover the shin guards. Size 3 ball. No jewelry or casts of any kind may be worn. A medical bracelet is not considered jewelry. Tights, sweats, long-sleeved shirts or sweatshirts may be worn underneath jersey or shorts. It is the coach's responsibility to ensure their players' equipment is proper.

Referee: CYSA will do their best to provide a micro referee who has been trained. Coaches agree to accept that referee's decisions and to enforce good sportsmanship from spectators. In the event there is no referee, the home team shall supply the referee for the first half of the game and the away team shall supply the referee for the second half.

Coaches/Spectators: Coaches are responsible for the conduct of their players and spectators including but not limited to foul or abusive language, both on and off the field. The coach's tone of voice is to be informative, and no coach is to make derogatory gestures or remarks to the referees, players, or spectators. Spectators are expected to express PRAISE ONLY for players and referees. Coaches shall ensure spectators, as well as players not on the field, stay 2 yards behind the touchline. No coach, player, or spectator will be allowed behind the goal line during the game. Coaches and players from both teams are to be on one side of the field, while spectators are on the opposite side.

Goal Zone: There is to be a 2 yard arc in front of each goal, which will be referred to as the goal zone. The goal zone is placed to show a boundary for players not to be in unless the ball is within it. The goal zone is placed so defensive players learn defensive skills and do not play as a goalkeeper, and to keep offensive players from "cherry picking" for goals. The penalty for a player being in the goal zone when the ball is not in the goal zone, will be an indirect kick at the half line. Briefly and accidentally stepping in the goal zone does not need to be called every time. Please remind players to step out of the goal zone if you see them there when the ball is not there.

Build-Out Line, Goal Kick, Corner Kick, Throw-in:

- A goal kick will be taken by the defending team anywhere within the goal zone, including the goal zone line, when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the offensive team, and a goal was not scored. The opposing team will stand behind the build-out line, which at this age level is the halfway line. They may re-enter the half once the ball is in play. The ball is considered in play once it has been kicked and clearly moves.
- A corner kick will be taken by the offensive team anywhere within the corner arc, including the corner arc line, when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defensive team, and a goal was not scored.
- A throw-in is awarded to the opponents of the player whom the ball last touched when the whole of the ball passes over the touchline, on the ground or in the air. Both feet should remain on the ground and the ball should be thrown with two hands over the head. A throw-in done improperly should be redone with the referee or coach reminding the player to "keep your feet down" or "use both hands over your head". A throw-in should only be retaken once. After that, let play continue. We don't want to spend too much of the game re-doing throw-ins.

Game Play, Time and Substitutions: Games will consist of FOUR 8-minute quarters. Each team will play with 4 players on the field at a time for a 4v4 game. There is no goalkeeper at U6/U7. Most teams will elect to stop and substitute at 4-minute intervals. At the start of the game the home team will kick off. At the start of the second half/3rd quarter, the away team will kick off. At the start of the 2nd and 4th quarters, the team that had possession prior to the whistle will restart the game with a throw-in nearest to where the play was stopped. Substitutions shall be permitted on any dead ball (before a goal kick, before a throw-in is taken, after a goal, after an injury, at halftime or any other time the referee stops play). Each player that is suited up will play approximately one half of each half of the game except for disciplinary reasons and under the guidance of the member club.

Fouls and Misconduct: Deliberate heading and slide tackling is not allowed. Hand balls will only be called when they are deliberate, but not if the player is protecting their body and doing so did not make their body unnaturally bigger. Excessive pushing or dangerous play is not allowed. The referee may suggest a player be substituted to provide a cooling off period if the player is consistently being dangerous, pushing or grabbing at an opponent's jersey. The penalty for these fouls will be an indirect kick with the opposing team standing back at least 3 yards. No direct kicks or yellow or red cards are given at this age group.

Summary of CYSA Rules for U8

Player Equipment: Players are to wear a basic uniform to include shorts, provided jersey shirt, soccer cleats, shin guards and socks long enough to cover the shin guards. Size 3 ball. No jewelry or casts of any kind may be worn. A medical bracelet is not considered jewelry. Tights, sweats, long-sleeved shirts or sweatshirts may be worn underneath jersey or shorts. The goalkeeper must wear a different color top than both teams. It is the coach's responsibility to ensure their players' equipment is proper.

Referee: CYSA will do their best to provide a micro referee who has been trained. Coaches agree to accept that referee's decisions and to enforce good sportsmanship from spectators. In the event there is no referee, the home team shall supply the referee for the first half of the game and the away team shall supply the referee for the second half.

Coaches/Spectators: Coaches are responsible for the conduct of their players and spectators including but not limited to foul or abusive language, both on and off the field. The coach's tone of voice is to be informative, and no coach is to make derogatory gestures or remarks to the referees, players, or spectators. Spectators are expected to express PRAISE ONLY for players and referees. Coaches shall ensure spectators, as well as players not on the field, stay 2 yards behind the touchline. No coach, player, or spectator will be allowed behind the goal line during the game. Coaches and players from both teams are to be on one side of the field, while spectators are on the opposite side.

Build-Out Line, Goal Kick, Corner Kick and Goalkeeper:

- A goal kick will be taken by the defending team anywhere within the goal area when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the offensive team, and a goal was not scored. The opposing team will stand behind the build-out line, which at this age level, is the halfway line. They may re-enter the half once the ball is in play. The ball is considered in play once it has been kicked and clearly moves.
- A corner kick will be taken by the offensive team anywhere within the corner arc, including the corner arc line, when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defensive team, and a goal was not scored.
- The goalkeeper may pick up the ball anywhere within the goal area. When the goalkeeper has picked up the ball inside the goal area, the opposing team shall retreat behind the build-out line until the goalkeeper has put the ball back into play. The goalkeeper may roll or throw the ball back into play, or place it on the ground and then kick it. The goalkeeper may not punt or drop kick the ball. The goalkeeper may elect to do a "quick release" by putting the ball back into play before the opposing team has retreated behind the build out line, but by doing so, the goalkeeper accepts the positioning of the opponents and the consequences of how play resumes.
- If the goalkeeper has control of the ball or is attempting to gain control of the ball and the ball is within the goalkeeper's reach, other players may not attempt to play the ball. Contact with the goalkeeper within the goal area is not allowed.

Throw-In: A throw-in is awarded to the opponents of the player whom the ball last touched when the whole of the ball passes over the touchline, on the ground or in the air. Both feet should remain on the ground and the ball should be thrown with two hands over the head. A throw-in done improperly should be redone with the referee or coach reminding the player to “keep your feet down” or “use both hands over your head”. A throw-in should only be retaken once. After that, let play continue. We don’t want to spend too much of the game re-doing throw-ins.

Game Play, Time and Substitutions: Games will consist of FOUR 12-minute quarters. Each team will play with 5 players (including a goalkeeper) on the field at a time for a 5v5 game. At the start of the game the home team will kick off. At the start of the second half/3rd quarter, the away team will kick off. At the start of the 2nd and 4th quarters, the team that had possession prior to the whistle will restart the game with a throw-in nearest to where the play was stopped. Substitutions shall be permitted on any dead ball (before a goal kick, before a throw-in, after a goal, after an injury, at halftime or any other time the referee stops play). The referee should be made aware of any intent to substitute before substitution takes place. The referee should be specifically notified of a goalkeeper substitution. Each player that is suited up will play approximately one half of each half of the game except for disciplinary reasons and under the guidance of the member club.

Fouls and Misconduct: Deliberate heading and slide tackling is not allowed. Hand balls will only be called when they are deliberate, but not if the player is protecting their body and doing so did not make their body unnaturally bigger. Excessive pushing or dangerous play is not allowed. The referee may suggest a player be substituted to provide a cooling off period if the player is consistently being dangerous, pushing or grabbing at an opponent’s jersey. The penalty for these fouls will be an indirect kick awarded to the opposing team, with the defending team standing back at least 3 yards. No direct kicks or yellow or red cards are given at this age group.

Summary of CYSA Rules for U9/U10

Player Equipment: Players are to wear a basic uniform to include shorts, provided jersey shirt, soccer cleats, shin guards and socks long enough to cover the shin guards. Size 4 ball. No jewelry of any kind may be worn. A medical bracelet is not considered jewelry. The goalkeeper must wear a different color top than both teams. Casts are permitted with proper club approval. The cast should be wrapped in some sort of soft material. If a referee is assigned, they should inspect and will have final authority regarding whether a protective device/cast can be safely worn during a game. While a referee will check players' equipment, it is the coach's responsibility to ensure their players' equipment is proper.

Referee: CYSA will do their best to provide a micro referee who has been trained for U9 and a Certified Referee for U10, although a micro ref may be assigned to a U10 game in some cases. Coaches agree to accept that referee's decisions and to enforce good sportsmanship from spectators. In the event there is no referee, the home team shall supply the referee for the first half of the game and the away team shall supply the referee for the second half.

Coaches/Spectators: Coaches are responsible for the conduct of their players and spectators including but not limited to foul or abusive language, both on and off the field. The coach's tone of voice is to be informative, and no coach is to make derogatory gestures or remarks to the referees, players, or spectators. Spectators are expected to express PRAISE ONLY for players and referees. Coaches shall ensure spectators, as well as players not on the field, stay 2 yards behind the touchline. No coach, player, or spectator will be allowed behind the goal line during the game. Coaches and players from both teams are to be on one side of the field, while spectators are on the opposite side.

Build-Out Line, Goal Kick, Corner Kick and Goalkeeper:

- A goal kick will be taken by the defending team anywhere within the goal box, including the goal box line, when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the offensive team, and a goal was not scored. The opposing team will stand behind the build-out line (which is equidistant between the penalty box and the half line) until the ball is back in play. The ball is considered in play as soon as it leaves the penalty box. Players from the defending team may be in, and receive the ball in, the penalty box.
- A corner kick will be taken by the offensive team anywhere within the corner arc, including the corner arc line, when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defensive team, and a goal was not scored.
- The goalkeeper may pick up the ball anywhere within the penalty box. When the goalkeeper has picked up the ball inside the penalty box, the opposing team shall retreat behind the build-out line until the goalkeeper has put the ball back into play. The goalkeeper may roll or throw the ball back into play, or place it on the ground and then kick it. The goalkeeper may not punt or drop kick the ball. The goalkeeper may elect to do a "quick release" by putting the ball back into play before the opposing team has retreated behind the build out line, but by doing so, the goalkeeper accepts the positioning of the opponents and the consequences of how play resumes.
- If the goalkeeper has control of the ball or is attempting to gain control of the ball and the ball is within the goalkeeper's reach, other players may not attempt to play the ball. Contact with the goalkeeper within the goal box is not allowed.

Offside: Offside will be applied loosely, but only between the build-out line and the goal line, and where there is a clear advantage (offensive player is 1-2 steps or more ahead of the ball and the second to last opponent, including the goalkeeper, at the moment the ball is played to them). An offside offence will only be called if the player in the offside position becomes involved in play.

Throw-Ins: A throw-in is awarded to the opponents of the player whom the ball last touched when the whole of the ball passes over the touchline, on the ground or in the air. Both feet should remain on the ground and the ball should be thrown with two hands over the head. A throw-in done improperly will be called by the referee. The referee will explain the mistake and award a throw-in to the other team; throw-ins will not be retaken when improperly done.

Game Play, Time and Substitutions: Games will consist of TWO 25-minute halves. Each team will play with 7 players on the field at a time for a 7v7 game. At the start of the game the home team will kick off. At the start of the second half, the away team will kick off. Substitutions shall be permitted on any dead ball (before a goal kick, before a throw-in, after a goal, after an injury, at halftime or any other time the referee stops play). The referee should be made aware of any intent to substitute before substitution takes place. The referee should be specifically notified of a goalkeeper substitution. Each player that is suited up will play approximately one half of each half of the game except for disciplinary reasons and under the guidance of the member club.

Fouls and Misconduct: Deliberate heading and slide tackling is not allowed. Hand balls will only be called when they are deliberate, but not if the player is protecting their body and doing so did not make their body unnaturally bigger. Excessive pushing or dangerous play is not allowed. The referee may suggest a player be substituted to provide a cooling off period if the player is consistently being dangerous, pushing or grabbing at an opponent's jersey. Indirect and direct free kicks may be awarded at this age group. A penalty kick may be awarded if a certified referee is assigned. Otherwise, a direct free kick will be taken from the top of the penalty box, nearest the offence. Yellow or red cards are not given out at this age group.

Summary of CYSA Rules for U11/U12

Player Equipment: Players are to wear a basic uniform to include shorts, provided jersey shirt, soccer cleats, shin guards and socks long enough to cover the shin guards. Size 4 ball. No jewelry of any kind may be worn. A medical bracelet is not considered jewelry. Casts are permitted with proper club approval. The cast should be wrapped in some sort of soft material. If a referee is assigned, they should inspect and will have final authority regarding whether a protective device/cast can be safely worn during a game. While a referee will check players' equipment, it is the coach's responsibility to ensure their players' equipment is proper.

Referee: As much as possible, Certified Referees are provided by CYSA. In the event there is no referee, the home team shall supply the referee for the first half of the game and the away team shall supply the referee for the second half. The referee will inspect all players' equipment prior to the game and make sure there is no jewelry worn.

Coaches/Spectators: Coaches are responsible for the conduct of their players and spectators including but not limited to foul or abusive language, both on and off the field. The coach's tone of voice is to be informative, and no coach is to make derogatory gestures or remarks to the referees, players, or spectators. Spectators are expected to express PRAISE ONLY for players and referees. Coaches shall ensure spectators, as well as players not on the field, stay 2 yards behind the touchline. No coach, player, or spectator will be allowed behind the goal line during the game. Coaches and players from both teams are to be on one side of the field, while spectators are on the opposite side.

Goal Kick, Corner Kick and Goalkeeper:

- A goal kick will be taken by the defending team anywhere within or along the goal box when the whole of the ball passes over the goal line, on the ground or in the air, and was last touched by an offensive player and a goal is not scored. The ball is in play when it is kicked and clearly moves. Opponents must be outside the penalty box until the ball is in play. Players from the defending team may be in, and receive the ball in, the penalty box.
- A corner kick will be taken by the offensive team anywhere within the corner arc, including the corner arc line, when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defensive team, and a goal was not scored.
- The goalkeeper may pick up the ball anywhere within the penalty box. The goalkeeper may put the ball in play by rolling, throwing, drop kicking/punting, or placing the ball on the ground. Bouncing the ball is not considered putting the ball back into play.
- If the goalkeeper has control of the ball, other players may not attempt to play the ball. Contact with the goalkeeper in the goal box is not allowed.

Throw-Ins: A throw-in is awarded to the opponents of the player whom the ball last touched when the whole of the ball passes over the touchline, on the ground or in the air. Both feet should remain on the ground and the ball should be thrown with two hands over the head. A throw-in done improperly will be called by the referee and a throw-in will be awarded to the other team; throw-ins will not be retaken when improperly done.

Game Play, Time and Substitutions: Games will consist of TWO 30-minute halves. Each team will play with 9 players on the field at a time for a 9v9 game. Substitutions shall be permitted on any dead ball (before a goal kick, before a throw-in, after a goal, after an injury, at halftime or any other time the referee stops play). The referee should be made aware of any intent to substitute before substitution takes place. The referee should be specifically notified of a goalkeeper substitution. Each player that is suited up will play approximately one half of each half of the game except for disciplinary reasons and under the guidance of the member club.

Fouls and Misconduct, including Offside:

- Deliberate heading is not allowed. Hand balls will be called when they are deliberate, give the team an advantage, or are a result of the player making their body unnaturally bigger.
- Offside offences will be called according to FIFA rules.
- Excessive pushing or dangerous play is not allowed.
- Indirect, direct and penalty kicks will be awarded at this age group.
- Yellow and red cards may be given at this age group.